



Grant County Health Department
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Actions To Fight The Flu



Flu is a serious contagious disease that can lead to hospitalization and even death. Flu is unpredictable, but the Centers for Disease Control and Prevention (CDC) expects the 2009 H1N1 virus to spread this upcoming season along with other seasonal flu viruses. Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. To protect yourself and others from influenza (the flu):

Take time to get a flu vaccine.

- A yearly flu vaccine is the first and most important step in protecting against flu viruses. The flu vaccine protects against the three viruses that research suggests will be most common. The 2010-2011 flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.
- Everyone 6 months of age and older should get vaccinated against the flu as soon as vaccine is available.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older. It is very important for this group to receive the flu shot.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.

Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)



Take flu antiviral drugs if your doctor prescribes them.

- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick.

Visit CDC's website to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu. <http://www.cdc.gov/flu>

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.



Have a Safe and Happy Halloween!

1. Wear makeup instead of masks. Use hypo-allergenic makeup. An adult should apply the makeup and remove it with cold cream instead of soap and water.
2. Avoid costumes with masks, wigs, floppy hats or eye patches that block vision.
3. Avoid pointed props such as spears, swords or wands.
4. Wear bright, reflective clothing or have reflective patches somewhere on the costume if you are going out at night in your costume.
5. Carry a bright flashlight to illuminate sidewalks, steps and paths.
6. Obey all traffic signals, both as a pedestrian and a driver.
7. Younger children should be accompanied by an adult while traveling about the neighborhood. Older children should trick-or-treat in groups.
8. Grownups should inspect all trick-or-treat items before allowing children to have them.
9. Be sure the path and stairs to your front door are well illuminated and clear of obstacles.
10. Daylight trick or treating is safer than going out after dark.

Halloween parties are safer than trick-or-treating at any time.

Information from Prevent Blindness America.

What's for Breakfast?

Need some ideas for quick and healthy morning foods? Try these ideas from every food group:

Grains

- Serve whole grain cereals, pancakes, and waffles.
- Use whole wheat bagels, breads, tortillas, and pita pockets.

Milk

- Serve a glass of low-fat, fat-free, or soy milk with the meal.
- Prepare a fruit and yogurt parfait.

Meat & Beans

- Choose eggs, nuts, cheese, or beans for appealing sources of protein.
- Eat hard-cooked eggs or cheese sticks.
- Add nuts to hot or cold cereal.
- Add flavorful beans to an omelet filling.

Fruits

- Use whole fruits and vegetables which offer more fiber than juice.
- Serve a warmed fruit sauce on buckwheat pancakes or whole grain French toast.
- Add dried fruits, such as cherries, cranberries, or apples to hot cereal.

Vegetables

- Consider adding your child's favorite vegetable to an omelet or frittata.
- Serve carrots or celery with peanut butter for a different option.

Adapted from U.S. Department of Agriculture, *Inside the Pyramid*

For more information on healthy eating, contact UW-Extension's Nutrition Education Program at 723-2125.



UW
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Breast Cancer Awareness Month

Breast cancer is the most common cancer among women in the United States, other than skin cancer. The American Cancer Society recommends the following guidelines for finding breast cancer early in women without symptoms:

Mammogram: A mammogram is an x-ray of the breast. Women age 40 and older should have a screening mammogram every year and should keep on doing so for as long as they are in good health. Women with a higher risk of breast cancer should talk with their doctor about the best screening plan for them.

Clinical breast exam: Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular exam by a health expert, at least every 3 years. After age 40, women should have a breast exam by a health expert every year.

Breast self-exam (BSE): BSE is an option for women starting in their 20s. Women should report any changes in how their breasts look or feel to a health expert right away. Women should have their doctor or nurse check your method to make sure you are doing it right.

The earlier breast cancer is found, the better the chances that treatment will work. The goal is to find cancers before they start to cause symptoms.

Women should see a doctor right away if they notice any of these changes: a lump or swelling, skin irritation or dimpling, nipple pain or the nipple turning inward, redness or scaliness of the nipple or breast skin, or a discharge other than breast milk. But remember that most of the time these breast changes are not cancer.

Source: American Cancer Society

Help with paying for breast cancer screenings

The Wisconsin Well Woman Program (WWWP) helps women who do not have any or enough health insurance to pay for breast or cervical cancer screenings. The WWWP pays for breast and cervical screenings, and in most cases, will pay for treatment if cancer is found.

Women may qualify for the program if they:

- Are 45-64 years of age
- Have little or no health insurance.

Have yearly household income that meets our guidelines- up to \$27, 075 for one person, \$36, 425 for 2 persons. (Add \$9,350 for each additional household member)

Women aged 35-44 are eligible for breast cancer screenings if they report symptoms and if meet the other guidelines above.

For more information or to enroll in the program, please call the Grant County Health Department at 608-723-6416.



Websites

Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.

Visit the Wisconsin Immunization Registry (WIR) website at www.dhfs.wisconsin.gov for information on your immunizations.

The Grant County Health Department will be closed Thursday, November 11 for Veterans Day and Thursday November 25th for Thanksgiving. Office will re-open after both on Fridays at 8:00am.



Grant County Health Dept Community CPR and AED Training in 2010

Monday, November 15, 2010 from 5:45pm to 9:30pm is the last class in 2010. The cost is \$30.00 payable to the GCHD one week prior to the scheduled class. The Community CPR Certification is good for one year.

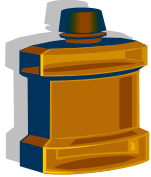
October is National Dental Hygiene Month

Brush your teeth two minutes twice a day

Brushing your teeth for two minutes at least twice a day remains a critical component to maintaining a healthy smile. Studies have shown that brushing for two minutes is perhaps the single most important step an individual can take to reduce plaque build-up and the risk of plaque-associated diseases, such as cavities and gingivitis.



Floss every day

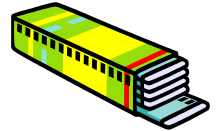


Rinse with Mouthwash

Rinsing your mouth each day with an anti-microbial mouth rinse is another important step in preventing the gum disease known as gingivitis. Speak with your dental hygienist for more information on which mouth rinse is right for you.

Chew sugar-free gum after eating

Chewing sugar-free gum after eating is clinically proven to be an important part of good oral health. It stimulates the most important natural defense against tooth decay - saliva - which, in turn helps fight cavities, neutralize plaque acids, remineralize enamel to strengthen teeth and wash away food particles.



Source: American Dental Hygienists' Association www.adha.org



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